

Involvement, Recovery and Wellness Centre Workshop Prospectus

April - September 2025



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Find us on 

CWP Involvement, Recovery and Wellness Centre



About us

The Involvement, Recovery, and Wellness Centre offers an inclusive and accessible service for everyone, with the goal of providing strategies and tools to help you build a fulfilling, satisfying, and enjoyable life, even while facing challenges.

Our psycho-educational sessions, available in both group and individual formats (subject to eligibility), focus on managing mental wellbeing and personal recovery.

The skills taught in these workshops and one-on-one sessions are recommended by the National Institute for Health and Care Excellence (NICE) as part of the treatment for mental health conditions.



Our Service also offers

- Guidance, referrals, and signposting to groups in your local community who can support you in your journey. The work we do is evidence-based and created with feedback from participants.
- Meaningful and interesting volunteering opportunities to support with your hopes and aspirations such as Learner Support Volunteer on our courses and Administrators. Please contact us to find out more.
- Attendance at Wellness Event Stalls and Activities including Pride.
- Workshop co-production opportunities. Please contact us to find out more.



Our Workshops are accessible for all participants



Who can attend our workshops

Our workshops are available to anyone living in Cheshire, who access one of the following:

- CWP's specialist mental health services i.e. Community Mental Health Teams, Home Treatment Team, Early Intervention Team, MHIST, 18 - 25 service, Complex Needs or under the care of a Psychiatrist
- CWP's Primary Care Enhanced Psychological Therapies
- NHS Talking Therapies
- Mental Health Access Teams
- Mental health support from the Primary Care Networks, i.e. GP, Mental Health Practitioner, Social Prescriber
- Voluntary, Community, Faith and Social Enterprise organisations

Please note for those accessing Primary Care, a professional referral is required.



Scan the QR to be taken to our website

If you require any further information, advice, or support, please contact us on:



Tel: 01625 505647

Email: cwp.involve-and-recover@nhs.net

Postal address: Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, Cheshire SK10 3JE

How to book your workshops

You can book onto our workshops by completing the following:

-  Download a booking form from our website or fill in the blank copy found at the back of this prospectus and email or post it to the address below.
-  Call 01625 505647 and complete over the phone.

Email: **cwp.involve-and-recover@nhs.net**

Postal Address: Involvement, Recovery and Wellness Centre, Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, Cheshire, SK10 3JE.

About our workshops

Due to some of our workshops being more intensive than others, we have developed the below guide to help you to understand the level of concentration and participation required in each workshop. This can be found in the target audience section on each page. If you are unsure if a course is suitable for you please don't hesitate to give us a call to discuss or to book onto a hope coaching session for 1:1 support. (see page 8)

 Introductory

 Moderate

 Advanced



What happens next

■ We will send you a letter or email confirming your workshop bookings.

■ On receipt of this please contact us on 01625 505647 to confirm your place, please note that your place is not guaranteed until we have received your confirmation.

■ If you are attending the online workshops a workbook and joining link will be sent to you approximately one week before the start of the workshop. Please note the same link will be used for every session.

■ You may receive a call if the workshop is over or under subscribed.
Please note that the workshops can be subject to date change at short notice.

■ You will receive a text reminder two days before your workshop starts. To opt out of the text reminder service please contact us on 01625 505647.

Contact us for any further enquiries on:

**Involvement, Recovery and Wellness Centre
Jocelyn Solly Resource Centre
Victoria Road,
Macclesfield,
Cheshire, SK10 3JE
01625 505647
cwp.involve-and-recover@nhs.net**



Attending your workshops and hope coaching sessions



All adults who access specialist mental health care now have the opportunity to discuss and measure what is important to them by completing outcome measures in our workshops and 1:1 sessions.

These measures are designed to rate your quality of life and your experience of the care you receive. Your responses can help us to make sure we talk about what matters to you as well as supporting, informing and planning your own unique recovery journey.

These are just a few examples of the many PROMs you may come across in mental health care.

Recovering Quality of Life Scale (ReQoL-10)

These scales are brief, self-administered questionnaire that measures quality of life. It consists of items that assess aspects of your life including your physical and psychological health, social relationships and independence.

DIALOG

The DIALOG scale is a brief, reliable, and valid measure of patient-reported outcomes. The DIALOG form is very simple and it has only 11 questions. The first eight questions cover different areas of your life, and the last three are about your treatment.

Goal-Based Outcomes (GBOs)

GBOs are a person-centred approach to measuring progress. They involve setting specific, measurable, achievable, relevant, and time-bound goals that are collaboratively developed between you and your practitioner.

Hope Coaching

A Hope Coaching session is an opportunity for you to sit down with one of our coaches either in person or online to discuss your goals for recovery.

It gives you an opportunity to ask any questions you may have and to find out more about the workshops we have on offer.



- Using the expertise of the coach and yourself to decide on what medium and short-term steps you need to take to achieve your long-term hopes and aims.
- Using the expertise of the coach and yourself to work out what support you can get to help you move forward.
- A chance for you to commit to taking the first step to make your hopes become real.

Safety Planning

A safety plan includes what will help you get through and keep you safe when in distress or experiencing a mental health crisis such as :

- What works to help you cope, get through each moment and who can help you – access to the right support

By writing a plan with one of our mentors of what steps to take, when you feel in control, can help you know what to do when everything else feels out of control.



Please call 01625 505647 for more information or to book a Hope Coaching or Safety Planning session.

Anger Management

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 4 weeks

Delivery Method

Face to face and online



Workshop Description

Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, hurt or betrayed. Anger itself is not the problem, but how we deal with it can be.

In this workshop you will learn the skills of recognising anger triggers and signs, how you can manage this in a healthier way and in the longer term bring your body back into balance.

Dates	Time	Location
Monday 14th, 21st, 28th July, 4th August	10.30am - 12.30pm	Delamere Resource Centre, Crewe
Tuesday 1st, 8th, 15th, 22nd April	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Thursday 5th, 12th, 19th, 26th June	10.30am - 12.30pm	Online via Microsoft Teams
Monday 2nd, 9th, 16th, 23rd June	11am - 1pm	Chester TBC
Tuesday 3rd, 10th, 17th, 24th June	1pm - 3pm	Vale House Resource Centre, Winsford

Anxiety Management

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 6 weeks

Delivery Method

Face to face and online



Workshop Description

Anxiety is a normal healthy emotion. It is an essential natural response to threat. Sometimes high and frequently occurring anxiety negatively affects the body's health and shrinks people's lives. This workshop aims to help understand anxiety and teaches helpful coping techniques and support people to live the best life they can.

Dates	Time	Location
Monday 14th, 21st, 28th July, 4th, 11th, 18th August	1.30pm - 3.30pm	Delamere Resource Centre, Crewe
Thursday 29th May, 5th, 12th, 19th, 26th June, 3rd July	1pm - 3pm	
Thursday 8th, 15th, 22nd, 29th May, 5th, 12th June	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 16th, 23rd, 30th July, 6th, 13th, 20th August	11am - 1pm	
Wednesday 28th May, 4th, 11th, 18th, 25th June, 2nd July	11am - 1pm	Online via Microsoft Teams
Monday 2nd, 9th, 16th, 23rd 30th June, 7th July	10.30am - 12.30pm	
Tuesday 17th, 24th June, 1st, 8th, 15th, 22nd July	10.30am - 12.30pm	
Tuesday 22nd, 29th July, 5th, 12th, 19th, 26th August	1.30pm - 3.30pm	

Anxiety Management continued...

Dates	Time	Location
Wednesday 30th April, 7th, 14th, 21st, 28th May, 4th June	1.30pm - 3.30pm	Trinity Methodist Church, Ellesmere Port
Tuesday 22nd, 29th July, 5th, 12th, 19th, 26th August	10.45am - 12.45pm	The Locks Resource Centre, Chester
Monday 30th June, 7th, 14th, 21st, 28th July, 4th August	11am - 1pm	Vale House Resource Centre, Winsford



Anxiety Management skills graduate group

Our Anxiety Management skills graduate group is based on the skills learnt in our six week Anxiety Management workshop, and the aim is to provide continued support to individuals wanting to stay committed to using the skills in their everyday life.

To be eligible to attend this group, you must have completed an Anxiety Management workshop.

Dates	Time	Location
Tuesday 17th, 24th June, 1st, 8th, 15th, 22nd July	2.30pm - 3.30pm	Online via Microsoft Teams
Monday 29th September, 6th, 13th, 20th, 27th October, 3rd November	2.30pm - 3.30pm	

Anxiety Management at a slower pace

Target Audience

For people who may need to learn at a more relaxed pace

Duration

2 hours once a week for 6 weeks

Delivery Method

Face to face



Workshop Description

These workshops can help you understand how anxiety affects your body mentally and physically and introduces practical techniques to help reduce or manage anxiety.

The course content has been specifically produced for people who have trouble remembering, learning new things, and/or concentrating. The information will be presented at a more relaxed pace.

Dates	Time	Location
Register your interest	1.30pm - 3.30pm	Delamere Resource Centre, Crewe
Tuesday 22nd, 29th July, 5th, 12th, 19th, 26th August	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield

Art Journaling for Wellbeing

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 6 weeks

Delivery Method

Face to face



Workshop Description

Producing a journal can be really satisfying and also help you to track and manage your mental health. There are lots of ways of journaling and it is really fun to combine it with art and craft activities.

In this workshop we will be introducing you to different styles of journaling and creating the basis for an art journal. We will be creating backgrounds for pages, collaging and using washi tape. We will use prompts, themes, poems and trackers for ideas to go on your pages linked to different wellbeing themes. You don't need any previous art or journaling experience just an open mind and willingness to give it a try.

Dates	Time	Location
Thursday 4th, 11th, 18th, 23rd, 30th September, 9th October	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield

Beat low mood & get your life back

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 4 weeks

Delivery Method

Face to face and online



Workshop Description

This workshop explores how anyone can learn to beat anxiety and low mood, and get their life back on track.

Throughout this workshop you will learn how.

- Thoughts, feelings, and behaviour can affect our mood.
- How goal setting and behavioural activation can beat low mood.
- Learn mood management skills and how to notice unhelpful thinking styles, use mindfulness and self-care action planning.

Dates	Time	Location
Tuesday 24th June, 1st, 8th, 15th July	11am - 1pm	Delamere Resource Centre, Crewe
Wednesday 28th May, 4th, 11th, 18th June	10.30am - 12.30pm	Jocelyn Solly Resource Centre, Macclesfield
Friday 16th, 23rd, 30th May, 6th June	11am - 1pm	Online via Microsoft Teams
Friday 22nd, 29th August, 5th, 12th September	11am - 1pm	Vale House Resource Centre, Winsford

Beating Psychological Distress using DBT skills

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 6 weeks

Delivery Method

Face to face and online



Workshop Description

Do you experience intense psychological distress frequently and/or find it hard to manage and reduce this distress?

This workshop is a skills-based course that has been co-produced with people living with these difficulties and delivered by trained DBT skills staff to offer you ways you can healthily manage and reduce intense distress.

Dates	Time	Location
Wednesday 16th, 23rd, 30th April 7th, 14th 21st May	11am - 1pm	Delamere Resource Centre, Crewe
Monday 2nd, 9th, 16th, 23rd, 30th June, 7th July	1.30pm - 3.30pm	
Thursday 10th, 17th, 24th April, 8th, 15th, 22nd May Please note there is no session on the 1st May	10.30am - 12.30pm	Jocelyn Solly Resource Centre, Macclesfield
Thursday 24th, 31st July, 7th, 14th, 21st, 28th August	1.30pm - 3.30pm	
Tuesday 6th, 13th, 20th, 27th May, 3rd, 10th June	1.30pm - 3.30pm	Online via Microsoft Teams
Wednesday 9th, 16th, 23rd, 30th July, 6th, 13th August	11am - 1pm	

Beating Psychological Distress using DBT skills continued...

Dates	Time	Location
Monday 14th, 21st, 28th July, 4th, 11th, 18th August	10.30am - 12.30pm	Online via Microsoft Teams
Tuesday 12th, 19th, 26th August, 2nd, 9th, 16th September	1.30pm - 3.30pm	
Tuesday 6th, 13th, 20th, 27th May, 3rd, 10th June	10.45am - 12.45pm	The Locks Resource Centre, Chester
Thursday 17th, 24th, 31st July, 7th, 14th, 21st August	1.30pm - 3.30pm	Trinity Methodist Church, Ellesmere Port
Thursday 1st, 8th, 15th, 22nd, 29th May, 5th June	11am - 1pm	Vale House Resource Centre, Winsford
Friday 19th, 26th September, 3rd, 10th, 17th, 24th October	11am - 1pm	

4 Core Dialectical Behaviour Therapy (DBT) Skills:



Dialectical Behaviour skills graduate group

Our Dialectical Behaviour skills graduate group is based on the skills learnt in our six week Beating Psychological Distress using DBT skills workshop, and the aim is to provide continued support to individuals wanting to stay committed to using Dialectical Behaviour skills in their everyday life.

To be eligible to attend this group, you must have completed a Beating Psychological Distress using DBT skills workshop.

Dates	Time	Location
Wednesday 30th July, 6th, 13th, 20th, 27th August, 3rd September	2pm - 3pm	Online via Microsoft Teams
Tuesday 9th, 16th, 23rd, 30th September, 7th, 14th October	11.30am - 12.30pm	

Food and Mood

Understanding the connection

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 2 weeks

Delivery Method

Face to face and online



Workshop Description

This workshop is designed to help you understand the role food plays in influencing our emotions.

From what we eat, to the way we eat, food can contribute to how well we sleep, how energetic we are, our cognitive function, our decision-making skills and mood fluctuations.

Dates	Time	Location
Wednesday 2nd, 9th April	11am - 1pm	Delamere Resource Centre, Crewe
Wednesday 23rd, 30th April	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield
Monday 4th, 11th August	11am - 1pm	Online via Microsoft Teams
Tuesday 22nd, 29th April	1.30pm - 3.30pm	Vale House Resource Centre, Winsford

Free yourself from negative thoughts

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 3 weeks

Delivery Method

Face to face and online



Workshop Description

Based on the new science of Mindful Self-Compassion™ (Dr Kristin Neff, and Dr. Chris Germer), this workshop offers you skills and exercises if practised regularly may help you deal effectively with negative thoughts to increase inner strength and resilience.

Dates	Time	Location
Tuesday 1st, 8th, 15th July	1.30pm - 3.30pm	Delamere Resource Centre, Crewe
Friday 9th, 16th, 23rd May	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Thursday 12th, 19th, 26th June	11am - 1pm	Online via Microsoft Teams
Tuesday 1st, 8th, 15th July	10.45am - 12.45pm	The Locks Resource Centre, Chester
Wednesday 6th, 13th, 20th August	1.30pm - 3.30pm	Trinity Methodist Church, Ellesmere Port
Thursday 4th, 11th, 18th September	1.30pm - 3.30pm	Vale House Resource Centre, Winsford

See overleaf for information on our new Self-Compassion skills graduate group



Self-Compassion skills graduate group

Our self-compassion graduate group is based on the skills learnt in our six week Improve health with self-compassion not criticism and three week Free yourself from negative thoughts workshops, and the aim is to provide continued support to individuals wanting to stay committed to using these skills in their everyday life.

To be eligible to attend this group, you must have completed a Free yourself from negative thoughts or Improve health with self-compassion not criticism workshop .

Dates	Time	Location
Wednesday 30th July, 6th, 13th, 20th, 27th August, 3rd September	11am - 12pm	Online via Microsoft Teams

Get active - Ways to improve your mood

Target Audience

Service users, carers,
staff, volunteers

Duration

2 hours once a week,
for 2 weeks

Delivery Method

Online



Workshop Description

Exercise is important for our physical and mental wellbeing. Exercise does not have to take place at the gym, nor does it mean having to run 5 miles.

In this workshop, you will learn self-compassionate strategies to support you to increase activity in your day-to-day life, which suit your individual needs.

You will learn strategies to overcome barriers to being active and discover ways to help with your motivation. You will finish the course with an action plan to help you increase your daily activity.

Exercise can help improve mood and manage stress.

Dates	Time	Location
Tuesday 26th August, 2nd September	11am - 1pm	Online via Microsoft Teams

Hearing voices peer support group



Target Audience

Service users and
volunteers

Duration

1 and a 1/2 hours a
week, once a month

Delivery Method

Face to face

Workshop Description

If you hear voices, see visions or have similar sensory experiences – you're not alone.

The Hearing Voices Group is based on an ethos of self help, mutual respect and empathy.

We support and encourage one another with our mental health recovery and discuss issues that are important to us, in a relaxed and informal group setting. We share coping strategies for hearing voices, seeing visions and other unusual perceptions, sometimes termed psychosis.

Dates	Time	Location
Tuesday 25th March	1.30pm - 3pm	Delamere Resource Centre, Crewe
Tuesday 29th April	1.30pm - 3pm	
Tuesday 27th May	1.30pm - 3pm	
Tuesday 24th June	1.30pm - 3pm	
Tuesday 29th July	1.30pm - 3pm	
Tuesday 26th August	1.30om - 3pm	
Wednesday 12th March	1.30pm - 3pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 16th April	1.30pm - 3pm	
Wednesday 14th May	1.30pm - 3pm	
Wednesday 18th June	1.30pm - 3pm	
Wednesday 16th July	1.30pm - 3pm	
Wednesday 13th August	1.30pm - 3pm	

**This is a monthly group and you are welcome to
join at any time for the dates listed.**

Help with sleep

Target Audience

Service users, carers, staff, volunteers

Duration

2.5 hours once a week, for 1 week

Delivery Method

Face to face and online



Workshop Description

If you are struggling with your sleep this workshop covers the key areas of sleep science, sleep problems, and tips and tricks for healthy sleep hygiene.

Co-produced by people who have experienced difficulties with sleep and what they have found works for them.

Dates	Time	Location
Monday 14th April	11am - 1.30pm	Delamere Resource Centre, Crewe
Tuesday 5th August	10.30am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Monday 28th April	10.30am - 1pm	Online via Microsoft Teams
Wednesday 27th August	1.30pm - 4pm	Trinity Methodist Church, Ellesmere Port
Tuesday 17th June	10.30am - 1pm	The Locks Resource Centre, Chester
Friday 25th July	10.30am - 1pm	Vale House Resource Centre, Winsford

How to build and maintain healthy relationships

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 4 weeks

Delivery Method

Face to face



Workshop Description

The relationships that we have with others can be supportive of our mental health, and understanding effective ways to communicate can help us advocate for ourselves and understand others too.

This interactive course is designed to help you build the skills and confidence needed to create and maintain healthy, positive relationships. We will explore important topics such as effective communication, understanding and respecting boundaries, managing conflicts, and prioritising self-care within relationships.

Whether you're looking to strengthen personal connections or learn about your own communication style, this course offers practical tools and a safe, space for reflection and personal growth.

Dates	Time	Location
Friday 1st, 8th, 15th, 22nd August	11am - 1pm	Delamere Resource Centre, Crewe
Friday 29th August, 5th, 12th, 19th September	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Tuesday 9th, 16th, 23rd, 30th September	10.45am - 12.45pm	The Locks Resource Centre, Chester
Tuesday 29th July, 5th, 12th, 19th August	11am - 1pm	Vale House Resource Centre, Winsford

How to say no without feeling guilty

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 2 weeks

Delivery Method

Face to face and online



Workshop Description

Being able to say NO in a calm assertive way or negotiate when people ask us to do things that may not be good for our own health and well-being is a important life skill and critical to our recovery journey.

In this workshop you will learn tips and benefits of calm assertive communication.

Dates	Time	Location
Monday 12th, 19th May	11am - 1pm	Delamere Resource Centre, Crewe
Monday 12th, 19th May	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Monday 30th June, 7th July	11am - 1pm	Online via Microsoft Teams
Wednesday 11th, 18th June	1.30pm - 3.30pm	Trinity Methodist Church, Ellesmere Port
Monday 9th, 16th June	11am - 1pm	Vale House Resource Centre, Winsford

Improve health with self-compassion not criticism



Workshop Description

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 6 weeks

Delivery Method

Face to face and online

An advanced course where you can learn and practise mindful self-compassion skills TM.

Scientifically proven to; increase feelings of calm, warmth and tenderness towards ourselves, promote healthy blood pressure, 'feel good' hormones, self-confidence, good physical and mental health, reduce depression, anxiety, stress and shame, and increase self-acceptance, inner strength, and resilience.

Dates	Time	Location
Friday 13th, 20th, 27th June, 4th, 11th, 18th July	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 28th May, 4th, 11th, 18th, 25th June, 2nd July	11am - 1pm	Online via Microsoft Teams

Self-Compassion skills graduate group

NEW!

Our self-compassion graduate group is based on the skills learnt in our six week Improve health with self-compassion not criticism and three week Free yourself from negative thoughts workshops, and the aim is to provide continued support to individuals wanting to stay committed to using these skills in their everyday life.

To be eligible to attend this group, you must have completed a Free yourself from negative thoughts or Improve health with self-compassion not criticism workshop .

Dates	Time	Location
Wednesday 30th July, 6th, 13th, 20th, 27th August, 3rd September	11am - 12pm	Online via Microsoft Teams

Improving Self Esteem

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 6 weeks

Delivery Method

Face to face and online



Workshop Description

Learn what self-esteem is:

- The different types, causes, how it can be measured, when it is a problem, effects on health and life.
- What is healthy self-esteem, how to build and improve healthy self-esteem.

Dates	Time	Location
Tuesday 19th, 26th August, 2nd, 9th, 16th, 23rd September	11am - 1pm	Delamere Resource Centre, Crewe
Monday 14th, 21st, 28th July, 4th, 11th, 18th August	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield
Friday 22nd, 29th August, 5th, 12th, 19th, 26th September	11am - 1pm	Online via Microsoft Teams
Wednesday 17th, 24th September, 1st, 8th, 15th, 22nd October	1.30pm - 3.30pm	The Locks Resource Centre, Chester
Monday 1st, 8th, 15th, 22nd, 29th September, 6th October	11am - 1pm	Vale House Resource Centre, Winsford
Tuesday 30th September, 7th, 14th, 21st, 28th October, 4th November	11am - 1pm	Trinity Methodist Church, Ellesmere Port

Introduction to Mindfulness

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 3 weeks

Delivery Method

Face to face and Online



Workshop Description

Mindfulness is the ability to be able to choose what we bring our awareness to and not over react or be overwhelmed by what's going on around us.

It's a skill that anyone can learn.

This workshop teaches and helps you practice those techniques.

Dates	Time	Location
Tuesday 6th, 13th, 20th May	10.30am - 12.30pm	Delamere Resource Centre, Crewe
Monday 8th, 15th, 22nd September	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield
Thursday 17th, 24th, 31st July	11am - 1pm	Online via Microsoft Teams
Register interest	-	The Locks Resource Centre, Chester

Living well with a long term health condition

Target Audience

Service users, carers, staff, volunteers

Duration

2.5 hours once a week, for 6 weeks

Delivery Method

Face to face



Workshop Description

This programme is tailored to the needs of adults living with long-term physical or mental health conditions, their carers, partners, and family members. It focuses on self-management techniques which are designed to help people improve their quality of life and take control over their own personal situations.

Skills learnt during the sessions include healthy eating, exercise, action planning, problem solving and communication skills.

Dates	Time	Location
Thursday 24th April, 1st, 8th, 15th, 22nd, 29th May	10.30am - 1pm	Delamere Resource Centre, Crewe
Wednesday 25th June, 2nd, 9th, 16th, 23rd, 30th July	10.30am - 1pm	
Tuesday 3rd, 10th, 17th, 24th June, 1st, 8th July	10.30am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Friday 25th July, 1st, 8th, 15th, 22nd, 29th August	10.30am - 1pm	

Making a Difference

based on the principles of Cognitive Stimulation Therapy

Target Audience

Referral by staff is typically completed in order to book onto dementia related workshops.

Duration

2 hours once a week, for 7 weeks

Delivery Method

Face to face



Workshop Description

Cognitive skills are the ways the brain uses to think, learn, remember, problem-solve and communicate.

There are a number of approaches to help people with dementia and their family cope with and improve their memory and thinking skills. One of these is Cognitive Stimulation Therapy.

This workshop will create opportunities for people to learn, express their views, and work with others in a sociable setting.

Dates	Time	Location
Tuesday 8th, 15th, 22nd, 29th April, 6th 13th, 20th, 27th May	1.30pm - 3.30pm	Delamere Resource Centre, Crewe
Tuesday 27th May, 3rd, 10th, 17th, 24th June, 1st, 8th, 15th July	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 7th, 14th, 21st, 28th May, 4th, 11th, 18th, 25th June	2pm - 4pm	Redesmere, Countess of Chester Healthpark, Chester
Wednesday 1st, 8th, 15th, 22nd, 29th October, 5th, 12th, 19th November	2pm - 4pm	
Tuesday 23rd, 30th September, 7th, 14th, 21st, 28th October, 4th, 11th November	1.30pm - 3.30pm	Vale House Resource Centre, Winsford

Mentell Taster Session

Delivered by a third party organisation.

Target Audience

Male service users, carers, staff, volunteers

Duration

2 hours once a week, for 1 week

Delivery Method

Face to face



Workshop Description

Mentell provides safe and confidential spaces for men to talk, free from advice and judgement

The charity runs weekly online and face to face peer to peer support groups that are open to any men (18+) who want to talk, listen and connect with other like-minded men.

Come along to this free taster session to find out more.

There are groups now running in Crewe, Chester, Congleton, Macclesfield and Wilmslow.

Dates	Time	Location
Monday 11th August	11am - 1pm	Delamere Resource Centre, Crewe
Monday 18th August	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield

Mindful craft and gift making

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 1 week

Delivery Method

Face to face



Workshop Description

For those of you interested in crafts, we are holding a mindful craft and gift making session. This is your opportunity to come along and spend some time with our Art Therapist Sally and create some gifts.

All participants are able to take away one gift at the end of the session.

Dates	Time	Location
Wednesday 11th June	11am - 1pm	Delamere Resource Centre, Crewe
Wednesday 6th August	11am - 1pm	
Monday 2nd June	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Monday 4th August	11am - 1pm	

These gifts will then be given to visitors at health and wellbeing events we attend across Cheshire.

Mindfulness based cognitive therapy skills

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 6 weeks

Delivery Method

Online

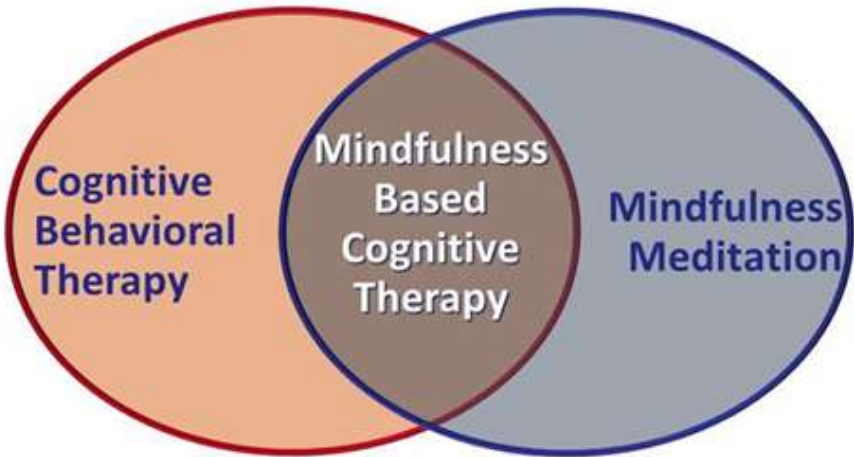


Workshop Description

Mindfulness Based Cognitive Therapy (MBCT) is a skills training course adapted from the 8 week MBCT course by the Oxford Mindfulness Foundation.

Proven effective for depression, anxiety, stress and many other issues, e.g., obsessive compulsive disorder. MBCT skills if practised regularly can empower you to detach and have greater freedom and choice from negative automatic habitual patterns of emotions, thoughts, and behaviour.

Dates	Time	Location
Friday 25th April, 2nd, 9th, 16th, 23rd, 30th May	11am - 1pm	Online via Microsoft Teams



Nature mindfulness



Shinrin Yoku or Forest Bathing as it is translated into English is the Japanese practice of immersing your senses in natural areas where there are trees. This could be a woodland or forest area.

This mindful practice allows you to focus and leave your day to day worries behind. (The practice does not involve immersing yourself in any water and bathing costumes are not needed!) The chemicals emitted by trees along with the sounds, colours and feelings created by trees has been proven to reduce tension, lower blood pressure and help with anxiety and depression and generally create a sense of deep relaxation and connection to nature. Many studies in Japan have proven this.

We will spend around one hour twenty minutes in a group forest bathing session in our local wooded area learning and experiencing some of the techniques and mindful practices that you can try out when you are out walking.

Come along to an information session first or just book *straight onto a nature mindfulness session*



Information session on Nature mindfulness

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 1 week

Delivery Method

Face to face



Workshop Description

Come along and find out about how connecting to nature can help us to relax, reduce stress and anxiety and connect us to positive emotions and memories. Learn about the Japanese practice of Shinrin Yoku - forest bathing and how being among trees can benefit our wellbeing and health

Dates	Time	Location
Tuesday 2nd September	1.30pm - 3.30pm	Delamere Resource Centre, Crewe
Friday 6th June	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 9th April	1.30pm - 3.30pm	Pathways Resource Centre, Ellesmere Port
Thursday 10th April	10.45am - 12.45pm	The Locks Resource Centre, Chester

Nature mindfulness

outdoors session



Target Audience

Service users, carers,
staff, volunteers

Duration

1.5 hours once a week,
for 3 weeks

Delivery Method

Face to face

Workshop Description

These sessions will give you an experience of Shinrin-Yoku. Based in local woodlands we will try out some forest invitations which will introduce you to some ideas for forest (woodland) bathing which involve connecting to nature and using our senses.

Each session will be around one hour 30 mins long. This session involves slow walking and is not an energetic exercise.

Dates	Time	Location
Tuesday 15th, 22nd, 29th April	11am - 12.30pm	Countess of Chester Healthpark, Chester
Friday 13th, 20th, 27th June	11am - 12.30pm	Macclesfield Riverside Park
Tuesday 9th, 16th, 23rd September	11am - 12.30pm	Queens Park, Crewe
Thursday 17th, 24th April, 1st May	11am - 12.30pm	Rivacre Valley Nature Park, Ellesmere Port

There may be some uneven terrain, so please wear sensible footwear e.g. walking boots, and please bring along a waterproof coat.

No experience or prior knowledge of Forest Bathing needed – just an open mind and a love of nature!

Neurodiverse Peer Support Group

Target Audience

Service users, carers,
staff, volunteers

Duration

2 hours once a week,
for 6 weeks

Delivery Method

Face to face



Group Description

Are you neurodivergent, or suspect you might be? If you or a family member experiences difficulties that might be connected with autism, ADHD, OCD, Tourette's or other neurodivergence, then this safe and confidential space is designed to allow you to explore what is happening for you, without fear of judgement.

You do not need a diagnosis to attend.

Dates	Time	Location
Wednesday 26th March, 2nd, 9th, 16th, 23rd, 30th April	11am - 1pm	Nantwich Methodist Church
Thursday 29th May, 5th, 12th, 19th, 26th June, 3rd July	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Tuesday 17th, 24th June, 1st, 8th, 15th, 22nd July	11am - 1pm	The Guild for Lifelong Learning, Wilmslow
Wednesday 6th, 13th, 20th, 27th August, 3rd, 10th September	1.30pm - 3.30pm	Delamere Resource Centre, Crewe

Pain Management

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 3 weeks

Delivery Method

Face to face



Workshop Description

During this 2-week course we will discuss the evidence behind chronic pain and how self-management strategies can help.

You will learn new skills, behaviours, and habits, like pacing, working out to regain movement & fitness, how food can affect pain and flare-up planning. With these skills you can look forward to a more positive life with you more in control.

Dates	Time	Location
Wednesday 20th, 27th August, 3rd September	11am - 1pm	Delamere Resource Centre, Crewe
Monday 2nd, 9th, 16th June	1.30pm - 3.30pm	Jocelyn Solly Resource Centre, Macclesfield
Monday 1st, 8th, 15th September	11am - 1pm	Online via Microsoft Teams
Wednesday 10th, 17th, 24th September	11am - 1pm	Chester TBC

Relapse Prevention



Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 4 weeks

Delivery Method

Online



Workshop Description

Relapse Prevention involves learning many skills such as self-management to prevent a relapse, the skill of being able to recognise deterioration in our mental health and how to take the right actions to avoid this escalating.

Learning Relapse Prevention skills has been found to reduce the number of relapses a person may have and the frequency and severity of those relapses.

Dates	Time	Location
Tuesday 12th, 19th, 26th August, 2nd September	10.30am - 12.30pm	Online via Microsoft Teams

Understanding and Managing Psychosis

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 2 weeks

Delivery Method

Face to face and Online



Workshop Description

Psychosis is surprisingly common and can include hearing voices (auditory hallucinations), unusual thoughts (delusions), and more visual experiences (visual hallucinations).

Having a better understanding of psychosis can help to make sense of this diagnosis.

Dates	Time	Location
Wednesday 25th June, 2nd July	1.30pm - 3.30pm	Delamere Resource Centre, Crewe
Tuesday 20th, 27th May	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Thursday 3rd, 10th July	11am - 1pm	Online via Microsoft Teams
Wednesday 1st, 8th October	1.30pm - 3.30pm	Vale House Resource Centre, Winsford
Tuesday 7th, 14th October	10.45am - 12.45pm	The Locks Resource Centre, Chester

Unhook from distressing thoughts & feelings and see your future more clearly

Target Audience

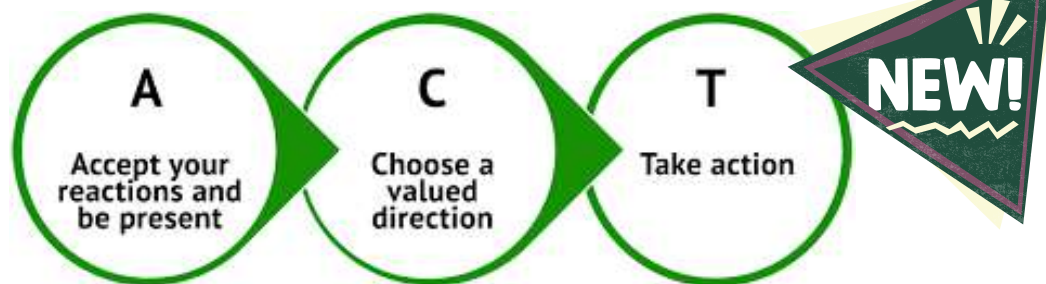
Service users, carers, staff, volunteers

Duration

2 hours once a week, for 3 weeks

Delivery Method

Face to face and online



Workshop Description

This workshop is a skills based course based on the skills used in Acceptance & Commitment Therapy (ACT). It explores why we might get hooked into our thoughts and emotions and how we can hold them at more of a distance.

We rediscover the things that are really important to us and use techniques to help you be the person you want to be, leading to an improved quality of life and a sense of fulfilment.

Dates	Time	Location
Monday 15th, 22nd, 29th September	11am - 1pm	Delamere Resource Centre, Crewe
Thursday 18th, 25th, September 2nd October	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Tuesday 20th, 27th May, 3rd June	11am - 1pm	Online via Microsoft Teams
Tuesday 18th, 25th November, 2nd December	10.45am - 12.45pm	The Locks Resource Centre, Chester
Thursday 9th, 16th, 23rd October	11am - 1pm	Vale House Resource Centre, Winsford

Ways to stay well when waiting for mental health services

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 1 week

Delivery Method

Face to face and online



Workshop Description

Are you struggling waiting for or handling mental health services?

This workshop introduces skilful ways you can help yourself and get the most out of mental health services and other support sources, e.g., skills in expectation setting, self-advocacy, self-reliance, ways to not make anything worse, if things worsen how to help yourself and get the right support.

Dates	Time	Location
Thursday 31st July	11am - 1pm	Delamere Resource Centre, Crewe
Wednesday 9th July	11am - 1pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 16th July	1.30pm - 3.30pm	Chester
Friday 1st August	11am - 1pm	Online via Microsoft Teams
Thursday 10th July	1.30pm - 3.30pm	Vale House Resource Centre, Winsford

Wellness Recovery Action Plan

WRAP

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 2 weeks

Delivery Method

Face to face



Workshop Description

This workshop offers an introduction to the Wellness Recovery Action Planning process, or WRAP for short. WRAP is a self-management strategy designed by mental health advocate Mary Ellen Copeland, from her own experience of living with a long-term mental health condition.

During this workshop you will create your own Wellness, Recovery, Action plan and crisis plans.

Dates	Time	Location
Tuesday 15th, 22nd April	10.30am - 12.30pm	Delamere Resource Centre, Crewe
Monday 1st, 8th September	10.30am - 12.30pm	Jocelyn Solly Resource Centre, Macclesfield
Wednesday 16th, 23rd April	1.30pm - 3.30pm	Trinity Methodist Church, Ellesmere Port

What's out there for you?

Help on education, training, volunteering and paid work

Target Audience

Service users, carers, staff, volunteers

Duration

2 hours once a week, for 4 weeks

Delivery Method

Online only



Workshop Description

Do you hope to get into or return to, education, training, voluntary or paid work one day? Do you feel you can't, perhaps due to your health, fears, and all the barriers out there? Co-produced and co-presented with people experiencing this journey, voluntary and employment specialists Standguide, and the Department of Work and Pensions to give you useful help and the latest information..

Dates	Time	Location
Thursday 7th, 14th, 21st, 28th August	11am - 1pm	Online via Microsoft Teams



Department
for Work &
Pensions

Free urgent Mental Health Support 24/7



Crisis Cafes



Crewecial, 3 Partridge Close, Flat 2, Dunwoody Lane, Crewe, Cheshire, CW1 3TQ
crewecial@isl-uk.org
07587 507281



East Cheshire Housing Consortium, The Weston Centre, Earlsway, Macclesfield, Cheshire, SK11 8RL
bwright@echc.org.uk
01625 440700



Cafe 71, 71-77 St. Anne Street, Chester, CH1 3HT
enquiries.chester@spiderproject.org.uk
01244 393139



Flynns Port In The Storm, 9 Rivington Road, Ellesmere Port, CH65 0AW
andadmin@flynnns.me
07392773137

Local support in your area

Find over 3,000 health, well-being and support services in cheshire East with the Live Well Service:

www.cheshireeast.gov.uk/livewell



Live Well
Cheshire West
livewell.cheshirewestandchester.gov.uk



Live Well Cheshire West can help you find information about local services, support, activities and events :

www.livewell.cheshirewestandchester.gov.uk

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



Autism Hub's

The Autism Hubs are for people who are, or who may be autistic. It is also a useful space for family members, staff, and professionals who support autistic people.

There are several services available via the Autism Hub and there are different services depending on your age, and if you have a learning disability.

Please go to: www.cwp.nhs.uk/getting-help/autism-hub for more information or contact the following:

East Cheshire Hub -Space4autism (Macclesfield) -
info@space4autism.org.

West Cheshire Hub (Chester) -
Karen.McGuinness@westcheshireautismhub.co.uk



INVOLVEMENT, RECOVERY & WELLNESS CENTRE WORKSHOP BOOKING FORM

PERSONAL INFORMATION

NAME:

ADDRESS:

DATE OF
BIRTH:

PHONE:

EMAIL:

EMERGENCY
CONTACT:

WHERE DID YOU HEAR ABOUT US

SPECIALIST MENTAL
HEALTH SERVICES:

☐

MENTAL HEALTH
ACCESS TEAM:

☐

I AM A STAFF MEMBER/
VOLUNTEER:

☐

NHS TALKING
THERAPIES:

☐

I AM A CARER FOR:
.....

☐

PRIMARY CARE NETWORKS
I.E GP, PRACTITIONER,
SOCIAL PRESCRIBER:

☐

OTHER:

WORKSHOPS YOU WISH TO ATTEND

LOCATION

If there is anything that may impact your attendance or participation with us, please let us know & we will do our best to support you?

☐ Please tick here if you would like to receive information from us in Easy Read. Easy read is a way of making written information easier to understand by using clear and simple words, pictures or photos and a larger font size.

“Develop a passion
for learning. If you do,
you will never cease
to grow.”

Antony J D’Angelo



Contact us for any further enquiries on:

Involvement, Recovery and Wellness Centre
Jocelyn Solly Resource Centre
Victoria Road,
Macclesfield,
Cheshire, SK10 3JE
01625 505647